

# Yum Som-O: Thai pomelo and prawn salad

Total time **30 min mins** 20 mins preparation time **3 mins** cooking time **7 mins** cooling time

Nutritional facts (per portion):  
**930 kJ / 222 kcal**

Fat: **13.1 g** Protein: **18.4 g**  
Carbohydrates: **11.4 g**

## INGREDIENTS

2 portion(s)

<b>100 g</b>	pomelo or grapefruit
<b>50 g</b>	red onion
<b>30 g</b>	carrot
<b>3</b>	sprigs of coriander
<b>1</b>	sprig of basil
<b>1</b>	sprig of mint
<b>6</b>	king prawns or tiger prawns, peeled and deveined
<b>1</b>	stalk lemongrass
<b>5 g</b>	garlic
<b>1 tbsp</b>	<u>Kikkoman Toasted Sesame Oil</u>
<b>1 tbsp</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>1 tbsp</b>	coconut milk
<b>2 tsp</b>	fish sauce
<b>1 tbsp</b>	roasted nuts, crushed (peanuts or cashews)
<b>1 tbsp</b>	fried onions
<b>8</b>	cos lettuce leaves

## PREPARATION

### Step 1

**6** king prawns or tiger prawns, peeled and deveined - **1** stalk lemongrass - **5 g** garlic - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** coconut milk - **2 tbsp** fish sauce

If the prawns are large, cut them into bite-sized pieces (about 4 pieces each). Finely mince the lemongrass and garlic. Heat the Kikkoman Sesame Oil in a frying pan. Add the garlic and lemongrass and sauté until fragrant. Add the prawns and stir-fry until cooked through (about 3 min). Turn off the heat. Add the Kikkoman Soy Sauce, coconut milk and fish sauce. Mix well to combine with the pan juices. Transfer to a bowl and allow to cool to room temperature.

### Step 2

**100 g** pomelo or grapefruit - **50 g** red onion - **30 g** carrot - **3** sprigs of coriander - **1** sprig of mint - **1** sprig of basil

Peel the pomelo or grapefruit and cut into bite-sized pieces. Thinly slice the red onion and soak briefly in water to reduce sharpness. Julienne the carrot. Wash the coriander, mint and basil. Tear into pieces, reserving a small amount for garnish.

### Step 3

**8** cos lettuce leaves - **1 tbsp** roasted nuts, crushed (peanuts or cashews) - **1 tbsp** fried onions - Reserved herbs

Combine the cooled prawns from step 1 and sauce with the pomelo, vegetables and herbs from step 2. Refrigerate for about 10 min. Arrange the cos lettuce leaves on a serving plate. Place the salad on

top and garnish with the crushed roasted nuts, fried onions and reserved herbs. Serve immediately.